

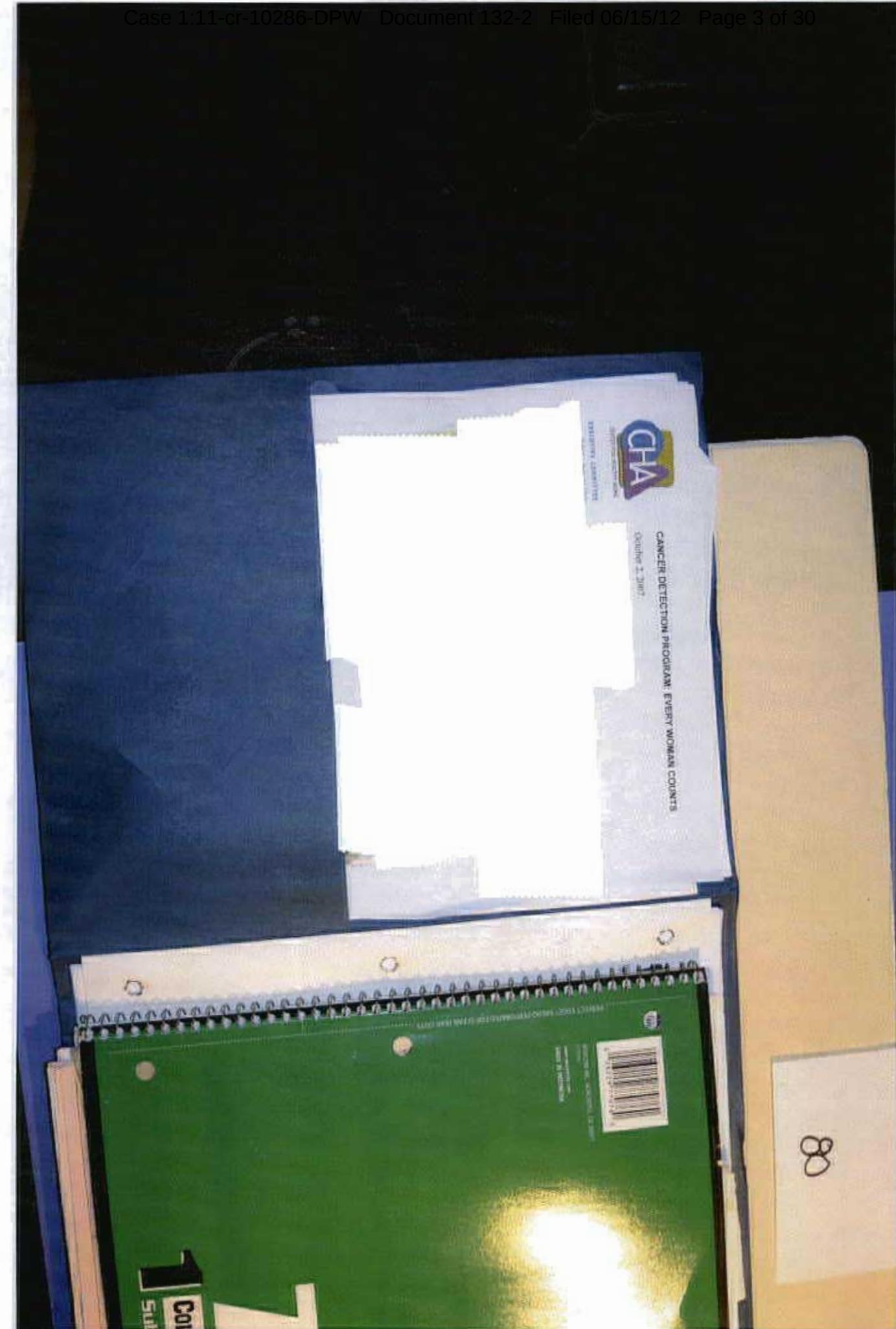
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Osteoporosis Bone  
Health Guide





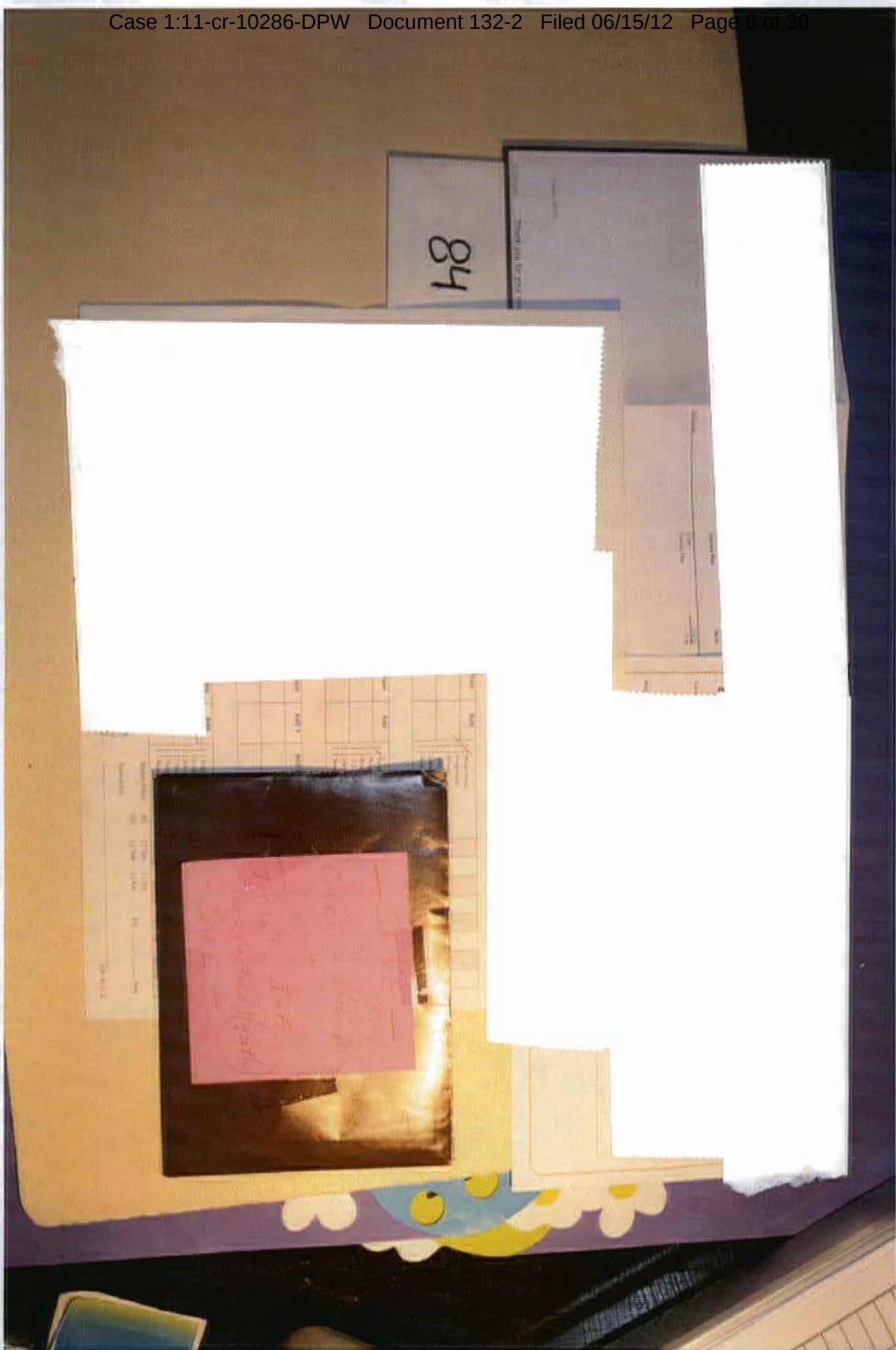


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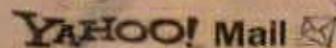
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The DASH Diet Eating Plan

*Carol*

Page 1 of 1

## The DASH Diet Eating Plan

Home • The DASH Diet Book • DASH Diet Recipes • Healthy Links • DASH Diet Tools • New Items



The DASH diet is recommended to many people with hypertension (high blood pressure) or prehypertension by their physicians. Due to its success in lowering blood pressure in studies sponsored by the National Institutes of Health (Dietary Approaches to Stop Hypertension), the DASH diet is based on an eating plan rich in fruits and vegetables, and low in total fat, meat, and saturated fat.

The full DASH diet plan is shown below. New research continues to show additional health benefits of the plan.

In addition to being recommended by your physician, the heart healthy DASH diet is also recommended by:

- The National Institutes of Health
- The American Heart Association
- The 2015 Dietary Guidelines for Americans
- US guidelines for treatment of high blood pressure
- And, the DASH diet formed the basis for the new USDA MyPyramid.

The DASH eating plan has been proven to lower blood pressure in just 14 days. Our response came in people whose blood pressure was only moderately high, including those with prehypertension. For people with more severe hypertension, who may not be able to tolerate medication, the DASH diet can help improve response to medication, and help lower blood pressure. The DASH diet can help lower cholesterol, and with weight loss and exercise can reduce insulin resistance.

The book *The DASH Diet Action Plan* provides meal plan solutions to make it easy for people to follow the heart healthy DASH diet. It has 28 days of meal plans (with adaptations for various calorie levels), recipes, guidance for various cooking levels, tips for dining out, weight loss, how to eat at restaurants, fast food places, etc., and eat smart on the go. Shows you how to organize your kitchen for the DASH diet, how to read food labels to make good choices.

*The new edition...*



The book *The DASH Diet Action Plan* is available for \$24.95. Order online or call 1-800-854-2443.

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*Carol -  
Thanks for  
the rec.  
Gave it to  
Part 1!  
Love, Nee*

7/23/2008

Dr. David LAHANA  
Beverly Hills, Ca.

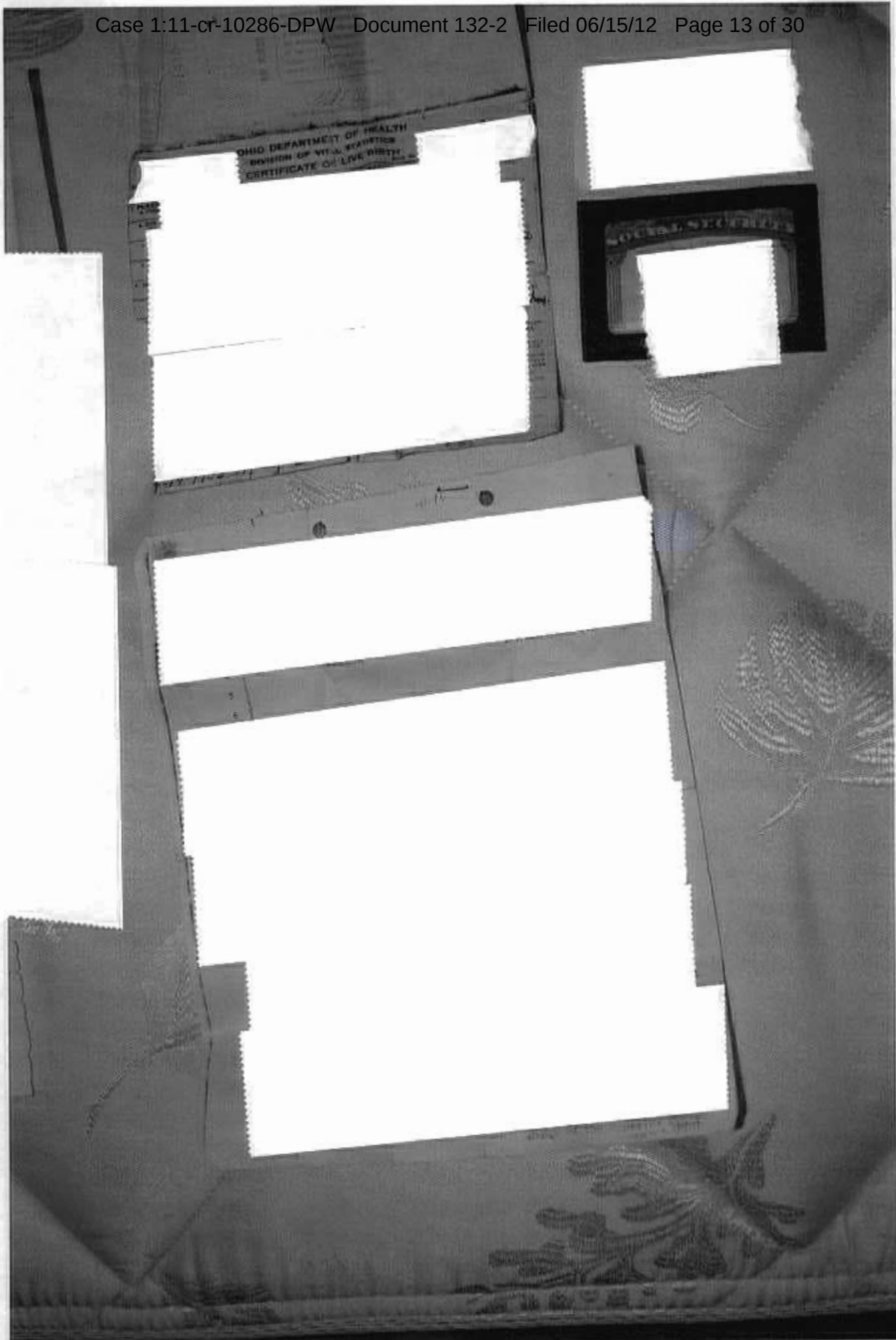
Rich Burns

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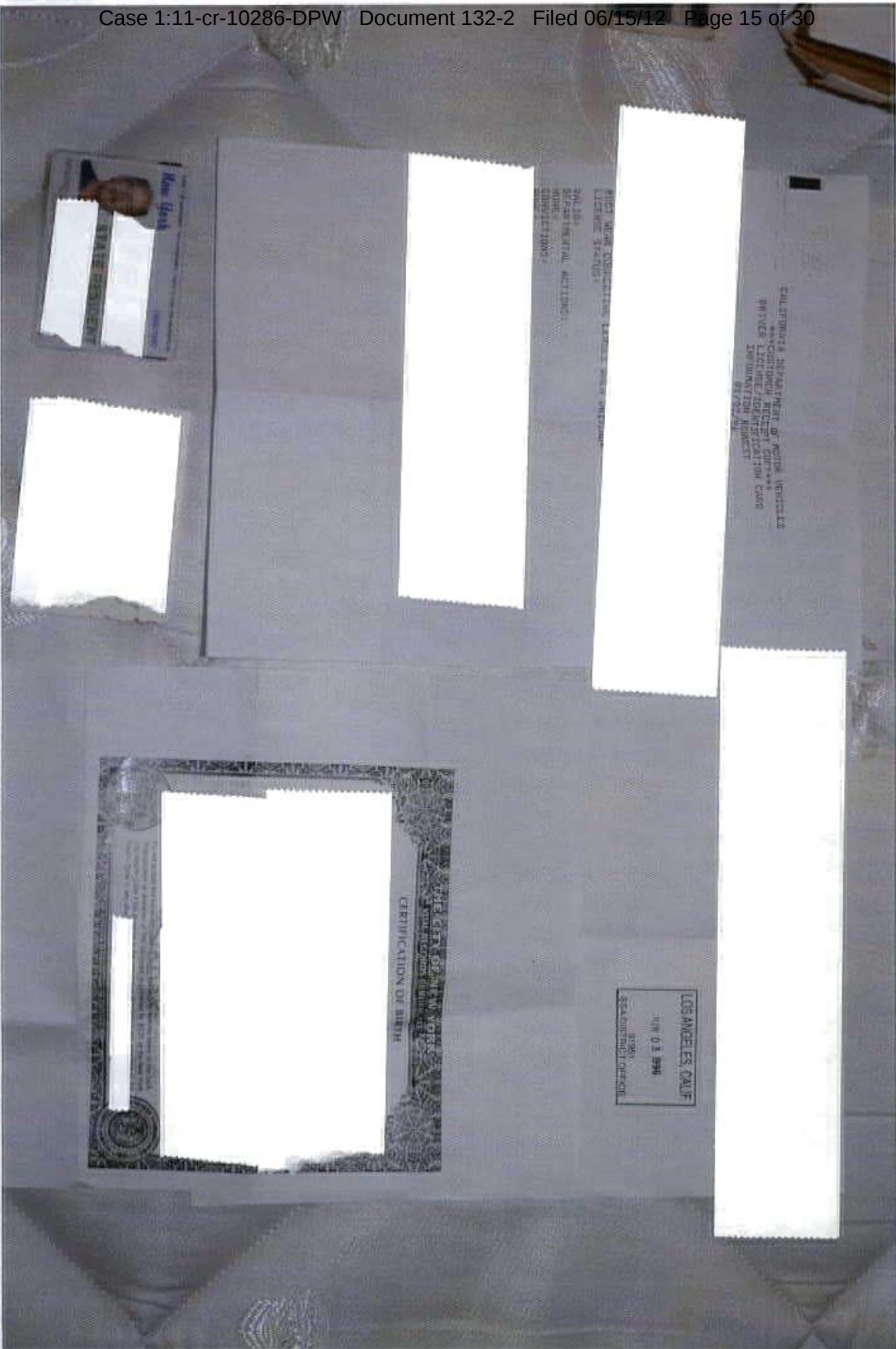


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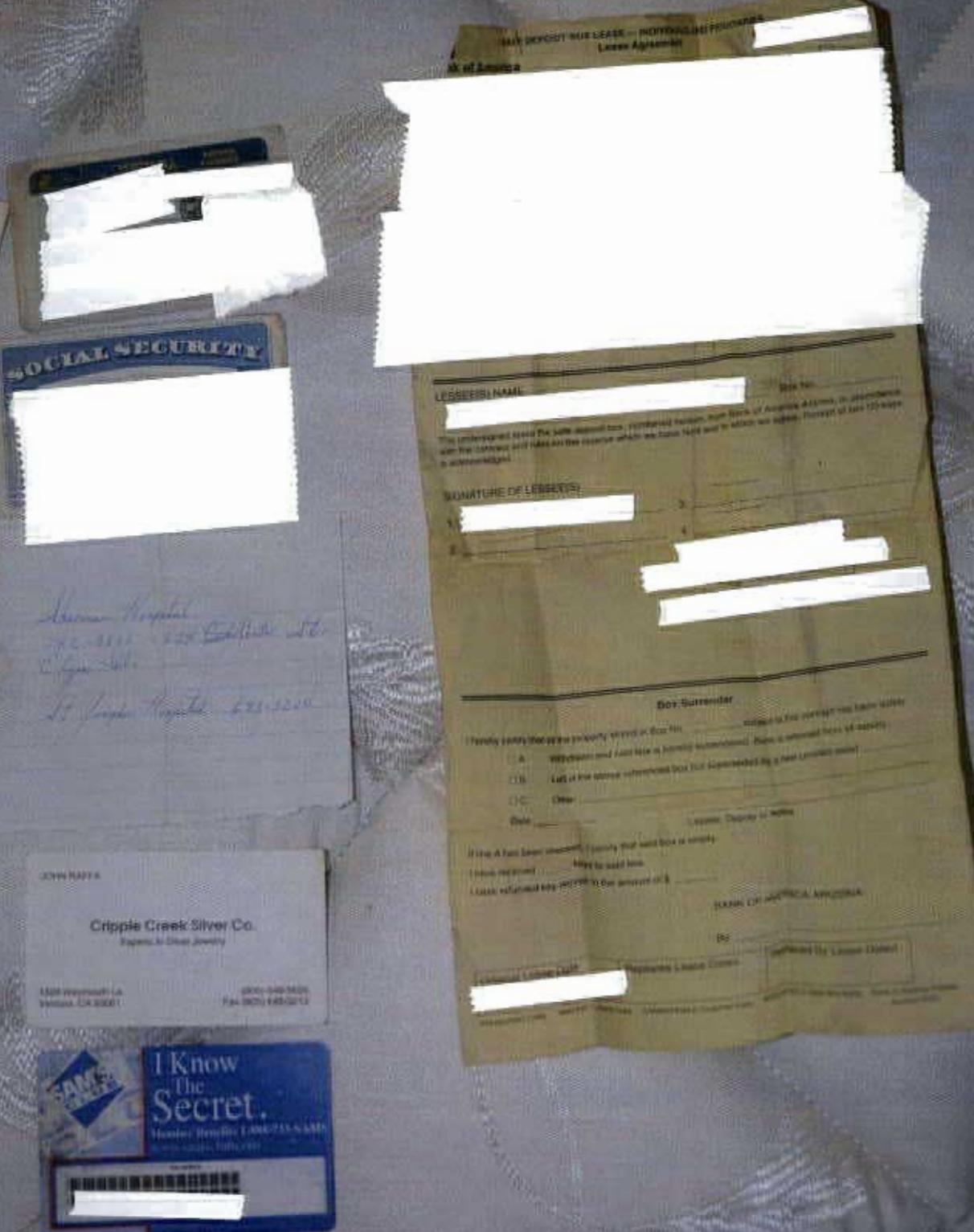
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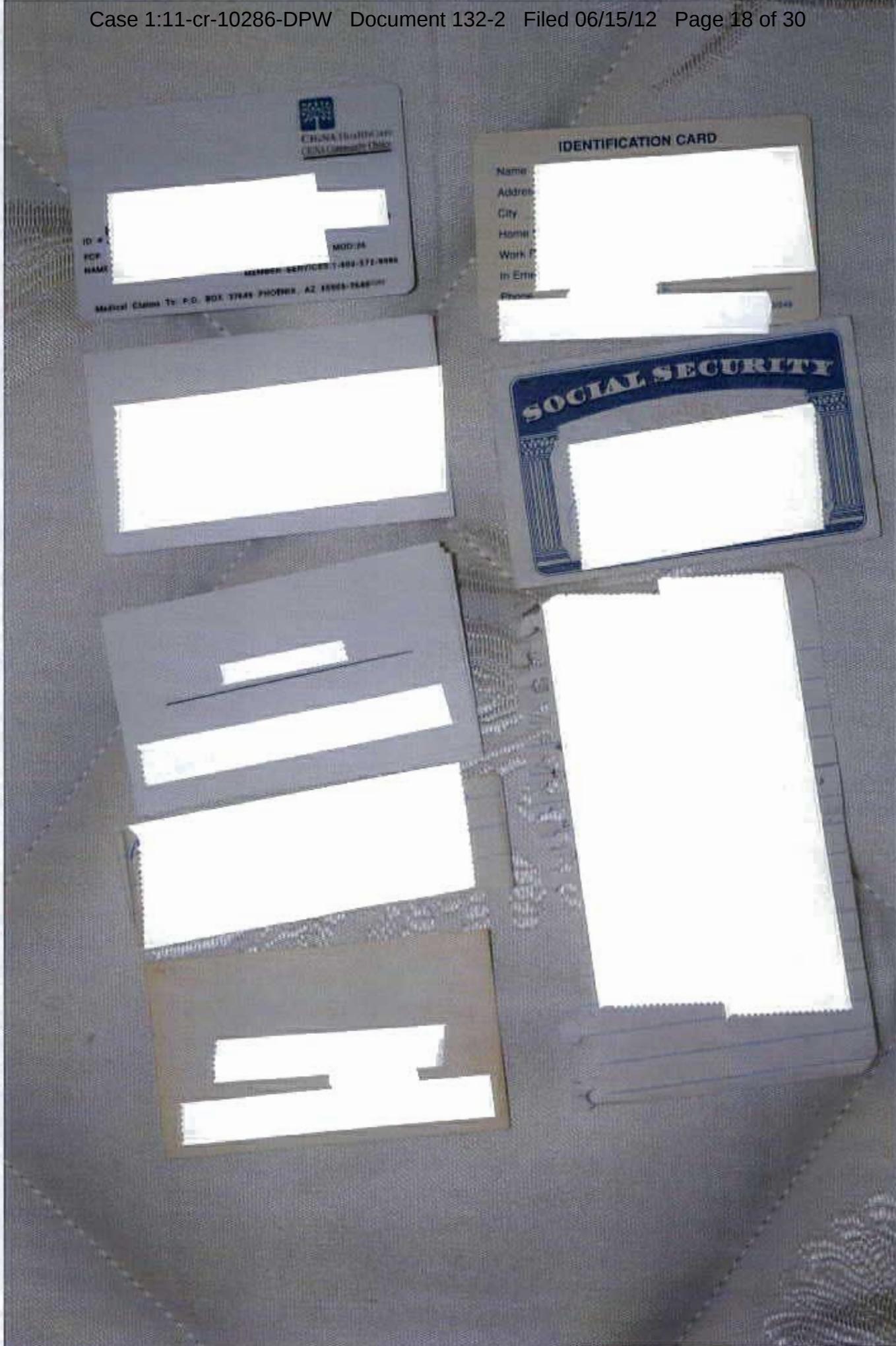
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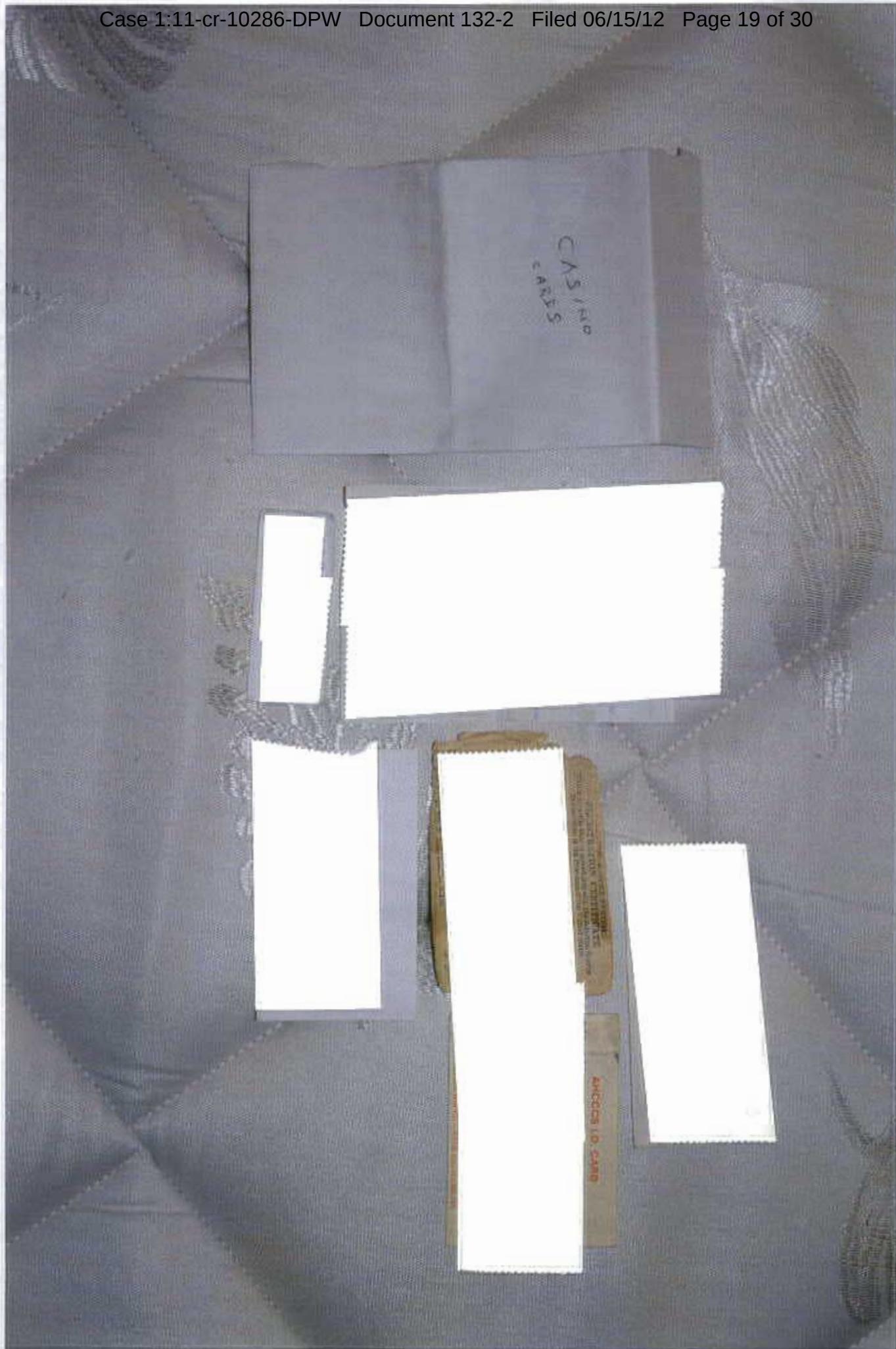
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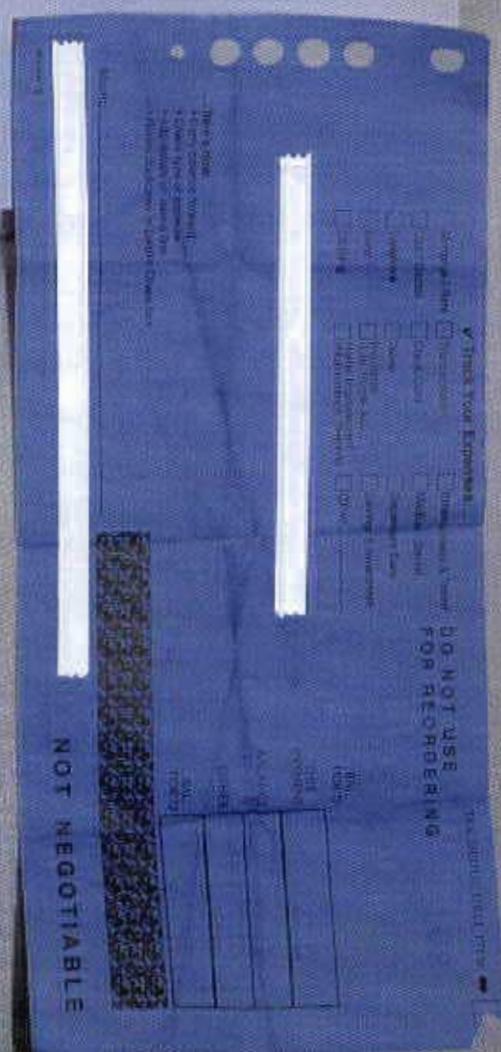
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